

# SCHOOL HEALTH ADVISORY COUNCIL

## December 2022 meeting

### MISSION

The Duncanville Independent School District School Health Advisory Council is a community-based council whose purpose is to:

- Promote the health of students and the school community.
- Advocate for a comprehensive school health program.
- Serve in a health advisory capacity to the school board.



# WELLNESS PLAN

**Maelene Grant, Director of Nursing**

# FFA Highlights Policy

Duncanville ISD wellness plan shall follow applicable state and federal nutritional guidelines that advance student health and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities. [FFA Legal](#)

## Duncanville ISD Wellness Plan

- Promotes student wellness
- Prevents and reduces childhood obesity
- Provides nutrition education materials

Nutrition Education



Physical Activity



School-Based Activities



**Physical Activity:** The District will provide an environment that fosters safe and enjoyable fitness activities for students, including those who are not participating in competitive sports.

### Physical Activity

Elementary: 30 minutes daily or 135 minutes weekly.

Middle School: students must complete two semesters of physical education. Athletics will substitute for the physical education requirement.

High School: 2- ½ credits (1.0 credits total) of physical education required for graduation.

### School-Based Activities

Schools will set schedules that allow a minimum of 10 minutes to eat breakfast and 20 minutes to eat lunch.

Wellness for students and their families will be promoted at suitable school activities.

Employee wellness education and involvement will be promoted at suitable school activities.

**Health Education:** is a component of the Coordinated School Health Model, which consists of a planned, sequential, K-12 curriculum that addresses the physical, mental, emotional and social dimensions of health.

### Health Education

The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practices.

The curriculum includes a variety of topics such as personal health, mental and emotional health, injury prevention and safety, substance use and abuse.

### Health Services

The District shall provide quality health screenings and services to students at all levels. Goals of the Screening Program include:

- Teaching prevention and developmental health
- Staff trained in CPR and AED
- Assigning registered nurses/licensed vocational nurses to all schools

# Monitoring and Implementation

The School Health Advisory Committee shall Help Duncanville ISD oversee this administrative regulation and periodically review the implementation of the wellness regulation with input from: Health Services, Nutrition Services, Counseling Services and the Athletics/Physical Education Department. The campus administration shall be responsible for implementation.

## Health Services Implementation

- Provide CPR and AED training for staff
- Provide basic medical training for staff in the event of a medical emergency and the nurse is not on campus

## Child Nutrition Implementation

- Provide nutritional information on monthly breakfast and lunch menus
- Ensure all menus are posted online



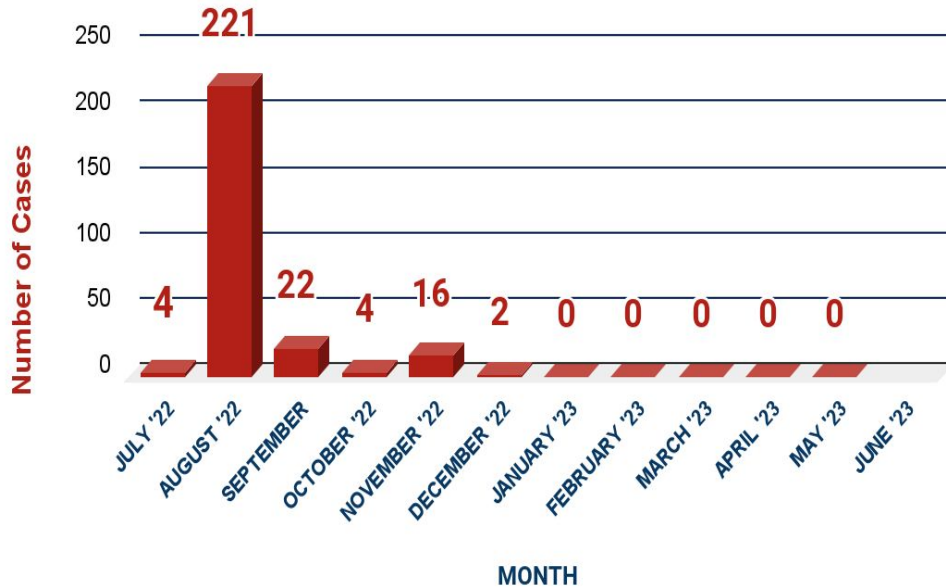


# COVID-19 Update and Grants

**Maelene Grant, Director of Nursing**

# COVID-19 Update and County Status

POSITIVE STUDENT CASES BY MONTH



## Dallas County COVID Update

- Decline in positive cases with a daily average of 117 newly reported positive cases
- Decline in COVID hospital admissions
- Percentage of all inpatients with confirmed COVID-19
- Death Count last week 0, prior week 0
- Dallas County Vaccination Status 69.87%

[Dallas County COVID-19 Dashboard](#)



# COVID-19 Updates and Grants

## 2022-2023 COVID-19 Testing Program

- COVID-19 Testing Application was approved by TEA
- The testing program is supported by CDC and Departments of Health and Human Services
- Follow TEA/CDC guidelines and recommendations for COVID-19 protocols and testing guidelines
- Provide school-based testing for students/staff
- Written consent is required for students/staff being tested

## School Health Support Grant

- 11/18/22 applied for the School Health Grant
- Purpose: provide support to the COVID-19 testing program to slow the spread of COVID-19
- Plan: purchase high-efficiency particulate air (HEPA) fan/filtration systems for classrooms, cafeterias and high traffic areas, replacement filters, cleaning supplies
- Money allocated can only be used to cover COVID related expenses



# **Duncanville ISD Prevention Efforts: Bullying and Drugs/Alcohol**

**Tijuna Hudson, Director of Student Management & Restorative Practices**  
**Mitchell Lambert, Chief of Police**

# FFI LEGAL Definition of Bullying

1. Means **a single significant act or a pattern of acts** by one or more students directed at another student that exploits **an imbalance of power** and involves engaging in written or verbal expression, expression through electronic means, or physical conduct that satisfies the applicability requirements below and that:

A. Has the effect or will have the effect of ***physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm*** to the student's person or of damage to the student's property;

B. Is ***sufficiently severe, persistent, or pervasive enough*** that the action or threat creates an intimidating, threatening, or abusive educational environment for a student;

C. ***Materially and substantially disrupts the educational process*** or the orderly operation of a classroom or school; or

D. ***Infringes on the rights of the victim at school***; and

2. Includes cyberbullying. (David's Law)

# Bullying Questions to Consider

- Was it a single significant act?
- Was it a pattern of acts?
- Was there an imbalance of power (*physical, verbal, written, electronic*)?
- Was the student or their property physically harmed or does it affect the rights of the victim at school  
(*intimidating/threatening/abusive educational environment or school school disruption*)?
- Did it occur electronically, on school property or at a school related event?

**Bullying Quick Reference Guide**

# **What's Required By Law**

# The Board Shall Adopt Policies That:

- Prohibit bullying
- Prohibit retaliation against bullying

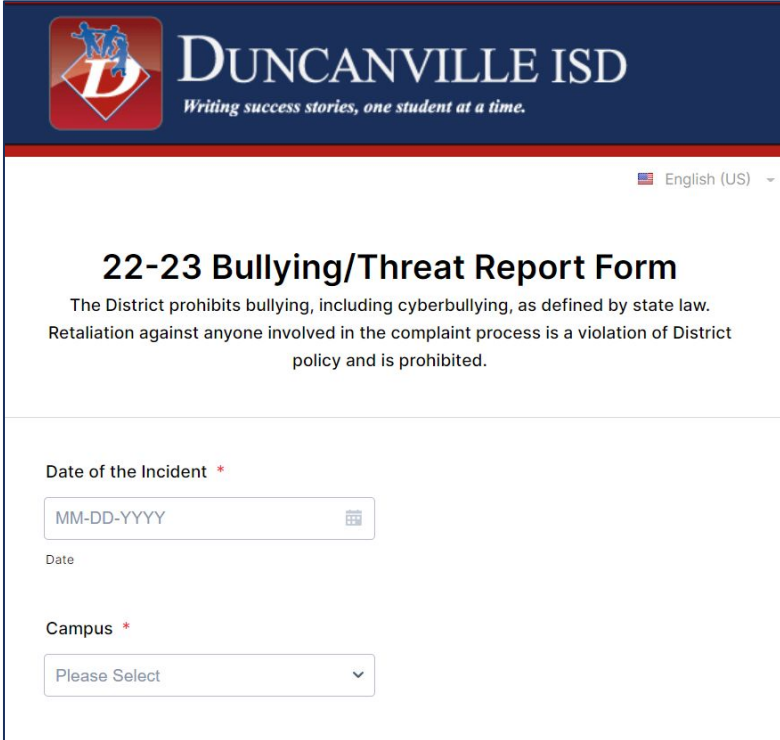
## **And policies that include:**

- Procedures for bullying notices
- Student actions to take against bullying
- Counseling options
- Reporting procedures
- Discipline measures (*self defense, SPED*)



# FFI LOCAL Highlights

- This form can be found from both the **Student** and **Parent** tabs on the district's main website.
- **Anyone** may report bullying, harassment, or a threat (*suicide, weapon, etc...*) using this form.
- Reporters can choose to remain anonymous when reporting.



The screenshot shows the top portion of a web form. At the top is the Duncanville ISD logo, which includes a red shield with a white 'D' and a blue figure, followed by the text 'DUNCANVILLE ISD' and the tagline 'Writing success stories, one student at a time.' Below the logo is a language selector showing 'English (US)'. The main heading is '22-23 Bullying/Threat Report Form'. Below this is a paragraph stating: 'The District prohibits bullying, including cyberbullying, as defined by state law. Retaliation against anyone involved in the complaint process is a violation of District policy and is prohibited.' The form then has two input fields: 'Date of the Incident \*' with a text box containing 'MM-DD-YYYY' and a calendar icon, and 'Campus \*' with a dropdown menu showing 'Please Select'.

**DUNCANVILLE ISD**  
*Writing success stories, one student at a time.*

English (US)

## 22-23 Bullying/Threat Report Form

The District prohibits bullying, including cyberbullying, as defined by state law. Retaliation against anyone involved in the complaint process is a violation of District policy and is prohibited.

Date of the Incident \*

MM-DD-YYYY

Date

Campus \*

Please Select

# FFI LOCAL Highlights

## **Corrective Actions can include:**

- Comprehensive education program for the school community
- Follow up inquiries
- Involve parents and students to help identify problems
- Increase monitoring
- Reaffirm district policy prohibiting bullying by...



# FFI LOCAL Highlights

- Make sure students know about the **online bullying form** where they can report anonymously.
- Have an anti-bullying assembly to go over the harms of bullying.
- Encourage students to report when they are victims or witnesses to bullying.
- Make sure that all teachers and substitutes know to report bullying to the campus administrators.

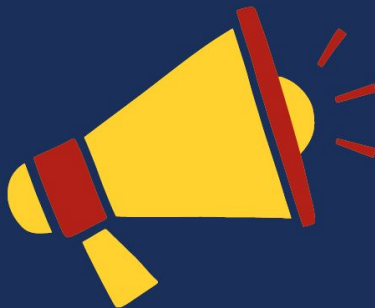
**IF YOU SEE  
SOMETHING,  
SAY SOMETHING.**



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**Use the QR code to report evidence of bullying,  
suicide, or a school threat.**

**You may report anonymously.**



**School Safety is  
Everyone's  
Responsibility!**



# Duncanville ISD Plan

- All staff members received training on bullying and harassment
- The online reporting tool is used to frequently report acts of bullying.
- Campus administrators act quickly to investigate and take any actions as needed to address bullying including counseling, mediation, assigning disciplinary consequences, and other actions.

# Drug and Alcohol Prevention

## E-Cigarettes and Juul

Chief Mitchell Lambert

# What is an E-Cigarette?



Cig-a-Like	Variations	Vape Pens	Mods	Pod-Based
E-cigarette came onto the market around 2007. Most delivered nicotine and were disposable.	Variations on the first e-cigarettes included products like e-hookah and rechargeable versions.	These have batteries that can reach higher temperatures, have refillable e-liquid cartridges and allow users to control how often they inhale.	Large size modifiable e-cigarettes allow for more aerosol, nicotine and other chemicals to be breathed into the lungs at a faster rate.	These e-cigarettes look like USBs and contain disposable pods with higher amounts of nicotine than previous generations.

# What is Being Vaped?

- Flavored liquids including chemicals like glycerin and propylene glycol
- Flavored liquids with varying levels of nicotine
- Flavored liquids with vitamins and essential oils
- Leaf marijuana, THC oil/wax

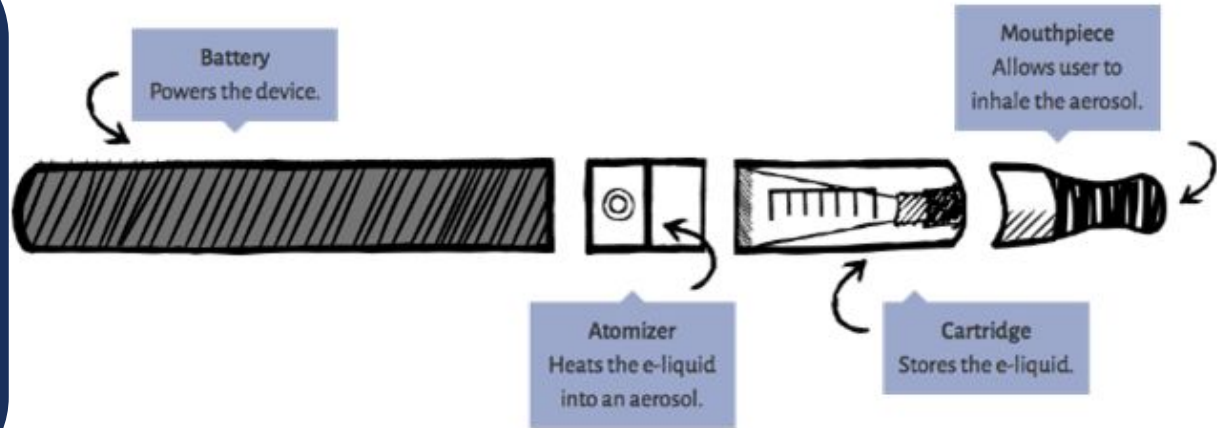


# What is Vaping?

Vaping is the act of inhaling and exhaling the aerosol, often referred to as “vapor,” produced by an e-cigarette or similar device.

## COMPONENTS

- Cartridge or reservoir to hold a e-liquid
- Heating element (*atomizer*)
- Power source (*battery*)
- Mouthpiece to inhale





# Types of Chemicals Aerosols

→ Antifreeze



→ Nail Polish Remover



→ Paints, Pesticides



→ Embalming



→ Cigarettes



→ Fireworks



# The Nicotine “Arms Race”

**1 pack of cigarettes**

≈ 20 mg of nicotine



**= 20**

Cigarettes

**1 JUUL pod**

≈ 41.3 mg of nicotine



**= 44**

Cigarettes

**1 PHIX pod**

≈ 75 mg of nicotine



**= 75**

Cigarettes

**1 Suorin pod**

≈ 90 mg of nicotine



**= 90**

Cigarettes

# Risk of Nicotine Addiction

- Because of high nicotine content, many who vape can't stop. **Highly addictive drug!**
- Vaping is more addictive than cigarette smoking.
- Nicotine, like all drugs, changes the structure and function of the brain.
- Addiction risk increases for those with family history or mental health problems.
- Intense withdrawal symptoms:
  - Strong cravings
  - Fatigue
  - Irritability
  - Difficulty concentrating



# Marketing: Youth Friendly Designs & Flavors



An image from Juul's 2016 New York City launch party collected by the Stanford researchers. ©2016



"JUULery



# Marketing: Youth Friendly Designs & Flavors

- **4 out of 5** kids who have used tobacco products started with a flavored product.
- JUUL accounted for three-quarters of the market share of e-cigarette products in the United States.
- JUUL didn't bother advertising on TV, radio or in magazine outlets as other vaping companies did because these media sources are all but ignored by kids.
- Instead, it went directly to where kids spend most of their time – social media.
- JUUL used themes that worked well in the past for the cigarette industry, including ads associating the product with pleasure/relaxation, socialization/romance, style/identity, freedom, rebellion and satisfaction.
- The ads prominently featured sweet and fruity flavors, as well as young, cool-looking people, mostly having a great time.

# Duncanville ISD Prevention Strategies

- Campuses promoted drug abuse prevention during Red Ribbon Week
- Students caught using drugs/alcohol are required to participate in courses to learn more about the harmful effects
- Students caught using drugs/alcohol receive counseling support in addition to disciplinary consequences
- Teachers and students will continue to receive education about how to recognize the signs of drug abuse and the harmful effects of drug abuse



# LEAD<sup>®</sup>

## LAW ENFORCEMENT AGAINST DRUGS & VIOLENCE

*“On the Street and in the Classroom”*



## STRATEGIC GOALS

1. To grow our evidence-based model from the current 41 states to every state in the union.
2. Provide resources to an additional 1000 schools.
3. To educate 1.5 million students as to the dangers of drugs, related crimes and bullying.
4. To develop and initiate a community awareness programs that bring together law enforcement with the local citizens.
5. To engage in 501(c)(3) fundraising in order to provide the necessary resources to execute our mission.



# Topics of Discussion

- “Rocket Science” targets ***making responsible decisions***
- “Systems Check” targets ***identifying and managing emotions***
- “This is Your Captain Speaking” targets ***effective communication***
- “Preparing for Take Off” targets ***setting reachable goals***
- “My Flight Crew” targets ***bonding and relationships***
- “Prescription for Life” targets ***safe use of prescription and OTC medicines***





# **Curriculum for the Prevention of Child Abuse, Family Violence, Dating Violence and Sex Trafficking**

**Tina Bynum, Director of Curriculum and Instruction  
Shayla Pratt, Director of Counseling**



# **Recommendation**

## **Goodheart Wilcox, Texas School Procedures and Other State Websites and Resources ([LINK](#))**

- **100% alignment with state standards**
- **Assessment tools**
- **Parent opt-in feature for alignment with HB 1525 and SB9**



# **Recommendation to the Board for the Curriculum for the Prevention of Child Abuse, Family Violence, Dating Violence and Sex Trafficking**

**Latisha Griffin, Committee Chairperson**

# Are There Any Questions



# Next Meeting Dates

## Virtual Meetings

**Feb. 6, 2023**

**Apr. 3, 2023**



**Meeting Adjournment**

**Thank you for your participation on  
the SHAC.**